

Intermediate/Advanced Ballet Teaching Practicum Sample

*Following the logical progression of steps from barre to center

Emboîtés Sautés by Half-turn

Tendu Barre Exercise:

Music: A Christmas Ballet Class, Vol. 1

By Andrew Holdsworth

Track #5

4/4 Time

Learning Objective: To practice the action of bringing the back foot to cou-de-pied devant like you do in emboîté sauté by half turn, as well as utilizing the inside leg to practice the transfer of weight from leg to leg in emboîté sauté. Also, to practice the motion of a half-turn without jumping quite yet by doing pas de bourrée en tournant.

Cautionary Reminder: Make sure that we are quickly and sharply picking up our feet into cou-de-pied from 5th and that we are keeping our knees turned out in the fondu cou-de-pied position.

Creative explanation: We want to really use our plié and melt into our fondu cou-de-pied position even when it is quick, because this is how we will need to use plié in emboîté sauté.

Start: Standing in 5th position R foot in front, arms in 5th position en bas

Preparation - arms

5, 6, 7, 8 Demi-seconde, 5th en bas, 5th en avant, L hand on the barre and R arm 5th en haut

Measures	Counts	Steps w/ arms
1 Cou-de-pied	&1, &2, &3, &4	Tendu R devant (x3) arm in 5th en haut, L foot devant to close 5th L foot front AST arm goes to first
2	&5 &6, &7, &8	3 quick R Tendus à la seconde AST arm opens to second, Tendu R foot à la seconde and coupé dessous to tombé to fondu cou-de-pied L foot devant AST arm goes to first, L foot front plié in 5th and straighten
3	&1, &2, &3, &4	Tendu R derrière (x3) arm in 2nd arabesque, Cou-de-pied R foot devant to close 5th R foot front AST arm goes to first
4	&5, &6, &7 &8	Tendu L (inside foot) à la seconde close front AST arm opens to second, Tendu L foot à la seconde and coupé dessous to tombé to fondu cou-de-pied R foot devant AST arm goes to first, pas de bourrée en tournant en dedans and plié 5th L foot front AST L arm goes to first
5	&1, &2, &3, &4	Repeat measure 1 on the L
6	&5 &6, &7, &8	Repeat measure 2 on the L
7	&1, &2, &3, &4	Repeat measure 3 on the L
8	&5, &6, &7 &8	Repeat measure 4 on the L
9-16		Repeat measures 1-8 (again R and L side at barre)

Emboîté Sauté En Tournant Traveling En Diagonale:

Music: A Christmas Ballet Class, Vol. 1

By Andrew Holdsworth

Track #25, 4/4 Time

Learning Objective: To isolate emboîté sauté and practice the movement/turning motion before we put it in a longer combination.

Cautionary Reminder: Make sure that we are spotting the corner and taking our shoulders with us in the emboîté sautés so we can get around.

Creative explanation: We want to think that we are jumping with a light and bouncy quality in our emboîté sautés en tournant, like we are floating across the floor.

Note: Dancers will go across the floor from the corner in groups of 4, starting every 4 counts of eight (each group will do four sets then run away). Dancers will go across on both the R and L.

Start: Standing in 5th position croisé R foot front, arms in 5th position en bas

Preparation - arms

5-6, 7, 8 Arms to first position, open to 4th position en avant R arm front, plié on 8

Measures	Counts	Steps w/ arms
1	1, 2, 3, 4	Emboîté sauté en tournant (x4) arms change from 4th to the opposite 4th each time
2	5&6, 7, 8	Tombé onto R foot pas de bourrée [to close in 5th position]
AST		AST arms to second, Plié 5th position L foot front on 7
		arms to en bas, changement on 8
3	1, 2, 3, 4	Emboîté sauté en tournant (x4) arms change from 4th to the opposite 4th each time
4	5&6, 7, 8	Tombé onto R foot pas de bourrée [to close in 5th position]
AST		AST arms to second, Plié 5th position L foot front on 7
		arms to en bas, changement
5-8	1-8, 1-8	Repeat measures 1-4
9-16		Next group starts - Repeat measures 1-8
1-16		Restart song - Repeat measures 1-16 on the Left, starting from other corner

Grand Allegro with Emboîté Sauté En Tournant:

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By Andrew Holdsworth

Track #29, 4/4 Time

Learning Objective: To practice emboîté sauté en tournant in a longer combination

Cautionary Reminder: Make sure that we are maintaining the turnout of our knees in the fondu cou-de-pied position as we complete each half turn, still spotting and taking our shoulders around.

Creative explanation: Up to go down to up (relevé plié before emboîtés)

Note: Dancers will go across the floor from the corner in groups of 2, starting every 4 counts of eight. Dancers will go across on both the R and L.

Start: Standing in B plus with the right leg back, arms in 5th position en bas

Preparation - arms

5-6, 7-8 Arms float out to demi-seconde, back to en bas

<u>Measures</u>	<u>Counts</u>	<u>Steps w/ arms</u>
1	1-2, 3-4	R leg Sauté arabesque arms in 1st arabesque, L leg temps levé retiré R arm front 4th position en avant
2	5-6, 7-8	R leg Sauté arabesque arms in 1st arabesque, L leg temps levé retiré R arm front 4th position en avant
3	1, 2, 3, 4	Tombé pas de bourrée to 5th position AST arms open to second
4	5-6, 7-8	Glissade 5th to 5th arms in second, Pas de chat land L leg front arms to 5th en haut
5	1&2, 3&4	Balancé effacé forward onto R leg arms 1st arabesque, Balancé croisé back onto L leg R arm front 4th position en avant
6	&5, 6-7, 8	Piqué R leg to 5th position relevé arms in 1st arabesque, hold, plié R arm front 4th en avant
7	1, 2, 3, 4	Emboîté sauté (x4) arms change from 4th en avant to the opposite 4th each time
8	5-6, 7-8	Glissade arms open to second and close to first, R grand saut de chat arms in 3rd arabesque
9-		Repeat measures 1-8 until all dancers get across the floor

